CHURCH NEWS

W. M. U. Executive Board
The quarterly executive board meeting of the Appomattox Baptist Association will be held on Monday at the Evergreen Baptist Church at 10:30 A. M. All W. M. S. presidents are urged to attend.

Red Oak Baptist Church
Rev. J. E. Greene, Pastor
Sunday School, 9:45 A. M.
Morning Worship, 11:00 A. M.
Training Union, 7:30 P. M.
Prayer Service, Thursday, 7:30 P. M.

HAZEL MOON CIRCLE
The Hazel Moon Circle of the W. M. U. of Liberty Baptist Church will meet with Mrs. C. C. Pog Monday, May 5, at 7:30 P. M.

St. Ann's Episcopal Church
(4th Sunday After Easter)
10 A. M. Church School.
11 A. M. Morning Prayer and Sermon. —Peter Fulghum.

Seventh-day Adventist Church
Services Every Sabbath
W. P. Lawrence, Pastor
Phone 4451, Appomattox, Va.
Sabbath School, 9:30 A. M.
Worship Service, 11:00 A. M.
Subject: "Why I Am A Seventh-day Adventist."
M. V. Meeting, Friday night, at 7:45.
Welcome.

Dial 2811 with Personals.

Memorial Methodist Church
Richard A. Bergdoll, Pastor
Sunday School, 10 A. M.
C. W. Smith, Superintendent.
11:00 A. M. Morning Worship.
Communion Meditation. "Giving and Thanksgiving."
7:30 P. M. Evening Worship.
A Panel: "What My Family Means To Me."

Appomattox Methodist Circuit
Aaron D. Smith, Pastor
10 A. M. Hermon.
"The Unfailing Strength."
11:15 A. M. Mt. Comfort.
"The Bonds of the Gospel."
Infant - Baptism Service.
3 P. M. Trinity.
Ground-breaking Service for new church.

New Hope Baptist Church
Charles R. Addington, Pastor
Sunday School, 10:00 A. M.
Morning Worship, 11:00 A. M.
B. T. U., 7:00 P. M.
Evening Worship, 8:00 P. M.
Prayer Meeting, Wednesday, 7:30 P. M.
(tf)

Bethany Pentecostal Holiness Church
D. L. le Roux, Pastor
Sunday School, 10 A. M.
Morning Worship, 11 A. M.
Youth Service, 1 P. M.
Evening Worship, 7:30 P. M.
Wednesday night Prayer Meeting 7:30 P. M.
(1tf)

Liberty Baptist Church
Rev. H. Frederick Jones
Supply Minister
Sunday School, 9:45 A. M.
Morning Worship, 11 A. M.
B. T. U., 6:30 P. M.
Evening Service, 7:30 P. M.
Prayer Meeting, Wednesday at 8:00 P. M. Evening Worship 7:30 P. M.
Nursery open for infants through three years of age.

Liberty Chapel Baptist Church
Rev. S. A. Dean, Pastor
Sunday School, 10:00 A. M.
Preaching: 1st and 3rd nights, at 7:30.
2nd and 4th mornings, at 11:00.
(tf)

DEATHS

MRS. W. W. O'BRIEN

Mrs. Mary Nowlin O'Brien, 75, died in Lynchburg General Hospital Wednesday night, after an illness of three weeks.

Born in Appomattox County Jan. 16, 1883, she was the daughter of the late Allen and Emma Woolridge Nowlin. She was a member of Hermon Methodist Church.

She is survived by her husband, Walker W. O'Brien; three daughters, Mrs. Adolph Haug, of Norfolk; Mrs. C. W. Perkins, of Boo Air, and Miss Phoebe O'Brien, of Washington; five sons, William D. O'Brien, Appomattox; Albert O'Brien, Oklahoma City; Garland O'Brien, Baltimore; Maynard O'Brien, Staunton; and Hiram O'Brien, Holland; five sisters, Mrs. J. H. Lucado, and Mrs. C. H. Manley, Appomattox; Mrs. J. M. Phelps, Gladstone; Mrs. W. L. Coleman, Lynchburg, and Mrs. Bertha Austin, Washington; and eleven grandchildren.

The body is at the Robinson Funeral Home, Appomattox.

Funeral arrangements have not been completed as we go to press.

MRS. T. J. CAWTHORNE

Mrs. Sally Jenkins Cawthorne, 67, died Monday at 4:30 P. M. in Virginia Baptist Hospital, after an illness of three weeks. She was the daughter of Samuel W. and Willie Jenkins Cawthorne. She was born on June 15, 1890, in this county. She was a member of the Hollywood Baptist Church.

She is survived by her husband, Tommie Joe Cawthorne, a son, Thomas J. Cawthorne, of Appomattox; two daughters, Mrs. Curtis Jennings, Lynchburg, and Mrs. G. L. Jennings, Prospect; a brother, Paul S. Cawthorne, Appomattox; a sister, Mrs. W. W. Wooldridge, Crewe; five grandchildren and one great-grandchild.

Funeral services were conducted Wednesday at 2 P. M. in Hollywood Baptist Church, by the Rev. Richard A. Bergdoll, pastor of the Memorial Methodist Church. Pallbearers were E. A. Covington, Bob Jenkins, Harry Jenkins, Bernard Richardson, Bill Smith and W. O. Sagle.

FEWER ACCIDENTAL DEATHS ARE REPORTED FOR VIRGINIA IN '57

A sharp and heartening drop in the number of accidental non-transport deaths in rural Virginia is noted by the Virginia Rural Safety Council for 1957 as compared to the preceding year.

Figures made available by the State Bureau of Vital Statistics, released through the Council, show that 557 people died accidentally in rural Virginia last year, a drop of 466 from the year before. The council notes the safety education programs sponsored by home demonstration clubs, 4-H clubs, FFA chapters, farmer's organizations, and others, and says at least part of the credit should go to them.

Of the people died accidentally in rural Virginia last year, a drop of 276 occurred in rural homes, a drop of 274; 181 occurred in public places, a drop of 109; and 46 occurred in unspecified places, a drop of 37.

The list of 10 leading types of accidents remained the same as the year before, with one exception. Electric current replaced "excessive cold" on the list. Falls, fires and explosions, and drownings remained the three leading causes of deaths, in that order.

By types of accidents: 139 were caused by falls, down 202 from the year before; 102 by fire and explosion, down 73; 94 by drowning, down 48; 45 by firearms, down 8; 28 by machinery, down 13; 28 by poisoning, down 43; 23 by blows from falling objects, same as the year before; 21 by suffocation in bed and elsewhere, down 7; 15 by inhalation of food, etc., down 39; 15 by eletcric current, up 2; and 47, other and unspecified, down 33.

By age of victim, 212 deaths were in the 25 to 65 age group; 149 deaths were in the old age (65 years and over) group; 62 were in the school age (5 to 14 years) group; 50 were in the youth (15 to 24 years) group; 45 were in the infant (under 1 year) group; and 39 were in the preschool (1 to 4 years) group. This pattern was similar to last year.

Most of the falls occurred in the home and involved people in the old age group. Most of the fires and explosions also occurred in the home, with deaths fairly well distributed among the various age groups. Most of the drownings occurred in public places.

Not included in these figures are 40 deaths occurring in mines and quarries, and 13 occurring in industrial places in rural areas of Virginia.

Apparently many people have learned, through the bitter and sometimes fatal experiences of others, to be wary of some well-known hazards. Only two people were struck and killed by lightning last year, only one was killed by an animal, and only two died as the result of insect stings.

GARDENING SEASON IN FULL SWING

The gardening season really gets into full swing in May.

VPI horticulturists say additional plantings of sweet corn, snap beans, carrots, and radishes can be made; and you can begin planting warm-weather vegetables, lima beans, cucumbers, melons, squash, peppers, tomatoes, egg plant, okra and blackeye peas.

Be sure to plant at the proper depth and distance apart. Consult VPI Circular 639, "Vegetable Gardening in Virginia," available from county agents, or the VPI Agricultural Extension Service, Blacksburg.

The horticulturists recommend sawdust as a mulch for home gardens. It can be used in two ways. You can spread a band of sawdust 4 inches wide and 1/4 inch thick over the row after planting and covering the seed in the usual way. This mulch helps reduce crusting and allows the young seedlings to emerge easily. The other way is to apply a 1-inch layer over the entire area after the vegetables are about 2 inches high. Pull out the weeds that come through the sawdust, but do not cultivate or mix the sawdust into the soil.

It is important to control insects and diseases. Another helpful publication for the gardener is VPI Circular 605, "Timely Control of Garden Insects and Diseases."

A sidedressing of nitrogen to leafy vegetables and sweet corn in May will increase yield and quality of these vegetables. Use 1 to 2 pounds of a quickly available nitrogen fertilizer per 100 feet of row. Do not apply additional nitrogen to beans and peas.

Where mulches are not used, frequent, shallow cultivations are best for controlling weeds and conserving moisture. Never let weeds get a start, and remember that deep cultivation harms the roots of vegetables.

KNOW THE WEATHER

By E. H. Sims

Can sail boat enthusiasts learn anything about coming winds by watching the sky? Does a cloudy sky indicate good sailing weather or bad?

Those who do a bit of sailing, either on lakes or at the ocean, can predict some things about the winds by watching the sky and studying weather. A cloudy sky is one sign of lessening wind, and therefore is not welcome by sailboaters.

There are other rules which generally apply. For example, if there is a strong breeze from the shore at sunrise, hopes for a good wind during the day are not always justified. Usually this land breeze dies down as the sun heats the land, and is replaced by a sea breeze.

Of course, in the summer, clouds may herald the approach of a thunderstorm, and this means strong winds, but other than these storms, a bright, clear day is best for sailing. The sun heats the land faster than the water, air above the land rises and air over the water flows in over the land to replace it. That is the famous sea breeze one finds at large lakes and on ocean beaches.

It Will
Old Pop Dinkle had something when he said: "A pat on the back develops character if administered young enough, often enough and low enough." —The U. S. Coast Guard Magazine.

GOLDEN GL...
Fame someti... something of ...
And what is Fa... have their ...
The greatest ca... pass away.

Seldom comes ... be dead. —Herb...

Fame, if not d... mouth'd.
And with contr... most deeds ...
Bears greatest ... aery flight,
On both his wi... other white.

IN ACCORD ...
Moscow.- Acco... report the Soviet ... for future trade ... changes, during t... are to be facilita... tegration of the ... tional economic ...

Banks Hiring
The trend for ... Scarts, of Charlotte C... culturally trained ... Records show there ... 800 banks which ... talists and the ... constantly. A re... cently by a group ... University work... banks within the ... employ 4,000 to ... college graduates ...

Renew your su...

Parkway Restau...
Sunday Dinner Speci...
MAY 4TH., 1958
Appetizers: Tomato Juice Cocktail ...
Choice of
Roast Leg of Lamb, Mint Jelly
or
Baked Ham, Raisin Sauce
Choice of Two Vegetables
Hot Rolls, Butter *Co...*
Dessert: Home-made Pie or Fruit Jello, Cream
1.25

Week-End SPECIAL
LETTUCE 19c ...
POTATOES 10 LBS.
SNAP BEANS 2 LBS.
LEMONS 1 DOZ.
PEACHES *(Sliced)* No 2½ Can
SWEET POTATOES *(Mashed)* No. 2½ ...
GIANT LIMA BEANS No. 303 Can - 2 ca...
OLD VA. PURE APPLE JELLY 10 OZ. 2 FOR 29c
FIG BAR COOKIES 2 ...
WE CARRY A COMPLETE LINE
- WESTERN MEATS
- GROCERIES
- FRESH VEGETABLES
- FROZEN FOODS AND DIETETIC FOODS

WEST END MAR...
ROUTE 460 APPOMA...
Phone 5324
OPEN 'TIL 9 FRIDAY AND SATU...

Revival

Revival starting Saturday, May 3, at the Old Fashion Gospel Tent on Route 24 in Appomattox, with the young Evangelist,
RICHARD B. BABER.
Services each night at 7:30 and Sunday at 2:30 P. M. — The Virginia Harmony Trio, Singers, of radio and T. V, will furnish the special singing. We're looking for our many friends at these services

"SPEEDY" by GRINELS MOTOR Co.

SPEEDY! EVERYTIME I GO FOR A DRIVE, I SHAKE LIKE A LEAF!
WHAT'S WRONG WITH ME?
HM M.
NOTHING,THAT MAKING A VISIT TO
GRINELS MOTOR CO.
AND GETTING ONE OF THEIR SMOOTH RUNNING TOP QUALITY USED CARS,WON'T CURE!

1—1957 FORD — FAIRLANE 500 4 Door — V-8 Motor — Fordomatic Transmission — Radio — Heater. White Wall Tires — Two tone Paint Mechanically — Guaranteed for one Full year.

1—1956 CHEVROLET — Bel Air Hard top — Two Door — Powerglide Transmission — Radio — Heater V-8 Motor — 2Tone Paint — White Wall Tires — Mechanically Guaranteed for one full year.

1—1955 FORD — Customline 4 Door V-8 Motor — Fordomatic Trans. Radio — Heater — White Wall tires Mechanically Guaranteed for one full year.

1—1954 FORD — Mainline — 4 dr. V-8 Motor — Fordomatic Trans. Radio — Heater — A good buy.

1—1953 CHEVROLET — Bel Air 4 Door — Powerglide — Trans. Radio— Heater — Clean as a pin.

1—1951 MERCURY — 2 Door Overdrive — Radio — Heater.

TRUCKS

1—1956 CHEVROLET — 2 ton Extra long wheel base.

1—1955 FORD — 2 ton — Regular Wheel base.

1—1955 FORD — 2 Ton — Short Wheel base.

1—1952 CHEVROLET — 2 Ton — Regular Wheel Base.

1—1952 FORD — 2 Ton reg. W. B.

1—1956 FORD — 1-2 Ton Pick up.

1—1955 FORD 3-4 Ton Pick up

1—1950 FORD — 1-2 Ton — Pick up.

GRINELS Motor Co.
Sales and Service
APPOMATTOX, VA. Route 460
Phone 2121
LICENSE NO. 729

PERSONALS

...Woodlief is a patient at ...ppist Hospital.

...dred Burkey spent the ... visiting her daughter, Miss ...Burkey in Alexandria.

...Dresser and Mrs. Gladys ... most deeply to spend the week-end ...Bears greatest ... in Harrisonburg. ...aery flight, ...On both his wi... Mrs. Chas. F. James re... other white. ...day from a trip to Flori... Bahama.

IN ACCORD ...
...d Ward Dance Review ...Moscow.- Acco... at the Appomattox Ele... report the Soviet ... school at 8 P. M., May 8. ... future trade ...
...changes, during t... ...lander and Fred H. Law... are to be facilita... ...business trip to Atlanta, ...tegration of the ... the week-end. ...tional economic ...

...d Blackwell and Mrs. ...reon spent Monday in ...

Banks Hiring
The trend for ... Mrs. Scarts, of Charlotte C... culturally trained ... Friday with her parents, ...Records show there ... Mrs. James D. McDearmon. ...800 banks which ... and Mrs. Mann is attending ...talists and the ... the Conference of Social ...constantly. A re... evening at the Hotel Roanoke ...cently by a group ... Stanley Stanley spent Satur... University work... her daughter, Mrs. Charles ...banks within the ... They called to see Mrs. ...employ 4,000 to ... Stanley Stanley afternoon. ...college graduates ... Saturday afternoon.

... L. Martin, who has been ... daughter in Richmond, ...ter months, returned to ...here Saturday.

... Mrs. Charles Richardson ...visited Mr. and Mrs. ...Stanley in Lynchburg Sat...

... A. Gurney, a teacher at ...ley College, Wise County, ...week-end here with her ...

... A. McCann had as her ...day afternoon Mr. and ... C. McCan and children, ... and Gail, of Lynchburg.

... Mrs. Watkins M. Abbitt ...week-end in Richmond, ... attended Homecoming ...versity of Richmond Law ...

... B. Pack was hostess to ...ay Bridge Club this week. ... E. Caldwell, Jr. won high ...e and Mrs. Calvin Robin... consolation prize.

...orton L. Ferguson spent ...end in New York City, hav... ...panied her sister, Mrs. ...helps and a school group ...eport News.

...d Mrs. D. J. Franklin and ..., Helen, moved last week ...ew home on R. F. D. One, ...as formerly owned by Mr. ...D. L. Dalton.

...nan's Club of Appomat... ...meet Monday afternoon at ...the Elementary School. Of... ...ll be installed and each com... ...chairman, will make a report. ...for the meeting will be: ...G. Holderman, Mrs. C. Lew... ...mon, Mrs. Calvin Robinson ...E. Carroll Smith.

Mrs. J. F. Arthurs had the misfortune to break her foot last week. She is getting around on crutches very well. We are glad to report that in due time the injury will be completely healed.

Mrs. Grace Winters accompanied Mr. and Mrs. Ed Schaubach, of Crewe, to Roanoke for the week-end, where they visited Mr. and Mrs. C. O. McCray and Mr. and Mrs. W. D. Marshall.

Mrs. L. L. Gayle and Mrs. Martha Coleman returned Monday from a visit with Mrs. Gayle's sisters, Mrs. William M. Thompson, at Hanover; and Mrs. Jacqueline Newbill, Miss Lynolee Atwood and Mrs. Giles C. Engledove, in Richmond.

Mr. and Mrs. Calvin Robinson were in Culpeper Saturday to visit his parents, the Rev. and Mrs. B. F. Robinson.. Rev. and Mrs. Robinson send their regards and best wishes to their friends here.

Mr. and Mrs. Perrow Harvey and daughter, Betty, left Tuesday morning for their home in Oberlin, Ohio, after being called here on account of the death of Mr. Harvey's sister, Captain W. Rebecca Harvey.

Mrs. B. W. Broom and son, of Fort Lauderdale, Florida, are visiting Mrs. Broom's parents, Mr. and Mrs. W. H. Robertson at Spout Spring. They plan to return to their home Friday and will be accompanied by Mrs. Shearer B. Robertson.

Mr. and Mrs. Raymond Stanley of Lynchburg spent the week-end with his parents, Mr. and Mrs. Wesley Stanley. Mr. and Mrs. Tommy Stanley and daughter, Donna; Mrs. Algie Almond, and Mr. and Mrs. Charles Richardson and daughter, Nancy, visited in this same home.

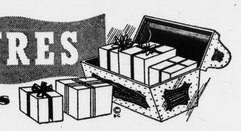
Mrs. Calvin Robinson, first vice-president Va. Division, U. D. C., will attend the sixth district conference in Petersburg tomorrow. She will be accompanied by Mrs. G. L. Doss, scrapbook chairman of the local chapter. On Saturday, Mrs. Robinson will attend the second district conference at Altavista.

Mrs. W. R. Reynolds and daughters, Miss Iris Reynolds and Mrs. Ryland Mann, of this place, and Mr. and Mrs. Everett Owen and Mrs. Reba Francis, of Richmond, attended funeral services conducted for Mrs. Russell N. Peak Wednesday at the Straight Store Baptist Church, Long Island. Mrs. Peak is a sister-in-law of Mrs. Reynolds.

Mrs. J. R. Peak, of Cynthiana, Ky.; Mr. and Mrs. Charles Peak, of Gilbert, W. Va.; and Mrs. George Peak, Jr., of Hurrican, W. Va., were recent guests in the homes of Mrs. Ryland M. Mann and Mrs. W. R. Reynolds. They were called to Virginia on account of the death of Mrs. Russell M. Peak, of Long Island.

Plans have been completed for an African Violet Show to be held May 3 and 4, sponsored by the First African Violet Society of Lynchburg. Miss Florence Adams is show chairman and Mrs. C. L. Orndorff is co-chairman. Mrs. J. L. Jones is staging chairman and Mrs. J. E. Diuguid is hospitality chairman. The show will be held at the loan office of First National Trust and Savings Bank.

TREASURES for Mother's Pleasures



LADIES DRESSES — 7 - 24½ $5.75 — 12.95 *(Osgood - Berkshire & Smart Setter)*
SKIRTS — 22 - 30 — $2.98 — 5.75 *(Linen and Cotton)*
BLOUSES — 32 - 42 — $1.98 - 5.75 *(Batiste, Cotton & Dacron)*
SLIPS — 32 - 44 — $1.00 - 3.95 *(Nylon, Dacron & Cotton)*
GOWNS — 34 - 44 — $1.98 - 4.98 *(Nylon Jersey and Plisse Crep)*
PAJAMAS — 34 - 40 — — — $2.98 *(Broad Cloth and Plisse Crepe)*
MOJUD PANTIES — 4 - 9 — 79¢ & $1.39
PEGGY HATS — $2.98 - $3.98
HANDBAGS $1.98 - $2.98 *Plus tax*
GLOVES — 6 - 8 — $1.00 - $1.98
MOJUD HOSE — 8½ - 11 $1.00 — $1.35
TOWEL SETS — $1.00 - 1.98
COSTUME JEWELRY — 29c - $2.98 Plus tax
Pin-on-Flowers — 29c - 59c
HANDKERCHIEF'S — 10c - 49c
DUSTING POWDER — 49c - $1.49
BOXED WRITING PAPER — 29c - $1.00

INGE'S DEPARTMENT STORE
APPOMATTOX, VIRGINIA

Birthday List

H. F. Martin, May 1.
Mrs. Zadie Shelton, May 2.
Mrs. Rodney Roach, May 5.
Peggy Baldwin, May 7.
Frank Ray Ranson, May 14.
Charles Baldwin, May 14.
William Ranson, May 14.
Mrs. Robert Roach, May 15.
Ted Almond, May 15.
Harry Almond, May 15.
Sandra McIntosh, May 16.
Ruth Ranson, May 26.
Mrs. Sam G. Anderson, May 28.
Ruth Arrington, May 30.
Mrs. C. M. Evans, May 31.
J. Nat Wilkerson, May 20.
Kieth Wayne Belcher, May 1.
Mrs. Wesley Stanley, May 14.
Charles Richardson, May 3.
Homie Stanley, May 13.
Mrs. Murrell Thomas, May 11.

In Fashion Now

Hubby had better think twice before dashing out to buy a new sports car, It may well mean that his wife will dash out and buy a whole new wardrobe of clothes to go with the new car.

The sports car is said to be responsible for the popularity of the cloche hat and short-skirted sack dresses. The T-shirt pullover with long giraffe turtle-neck that pulls up to make a hood is another favorite item in the wardrobe of the sports car fan. These shirts are most often worn with tapered pants and flat-soled shoes.

Bulky knit cardigans with small attached hoods are good, and so are the new Paisley scarf and shirt sets.

One piece coveralls that zip up the front are tops with the speed set. These coveralls usually feature an oval neckline in front and back. The belt is of self-fabric, and pulls through wide tabs. These duck seems to be the best seller, with red duck second.

In a couple of years the car coat has become a classic in fashion. It is just as popular with the owners of the family-type sedan as with the owners of snappy sport cars. It has been taken to heart by young and old alike.

The key to these new clothes seems to be their streamlined construction. There is little or no clutter, and each item is highly functional. All things considered, these clothes certainly do fit in with our modern, fast way of life.

We Are, Too
We are willing to let bygones be bygones and wouldn't care much how the youth of today got rid of the dead languages, if they only wouldn't murder the one we have now. —Boston Herald.

Homemakers Items

When upholstered furniture looks dull or soiled a shampoo will make it look like new. Try the shampoo at some inconspicuous spot first to be sure the color is fast. Clean chair with whisk broom to remove dust from all corners and crevices. Make a soap jelly by dissolving soap flakes in hot water (one cup flakes to one quart of water). Prepare ahead of time and let it cool. Take 1/2 cup soap jelly and beat with an egg better until it looks like icing. Put part of the suds on a small stiff brush and wash part of the chair, rubbing it crosswise nine or ten times. Be careful not to overdo it and get the padding of the chair wet. Rinse the portion you have scrubbed with a cloth wrung from clear water. Rinse again to remove all trace of soap.

Often spots on upholstered furniture are caused by liquids spilled on dustry surfaces. Fresh spots are more easily cleaned than old spots. If you know the cause of the spot you can save time. Sugar, syrup, candy, and fruit juices are most quickly removed by solvents such as alcohol, gasoline, carbon tetrachloride, or one of the dry - cleaning fluids. If chocolate candy has soiled the chair, wash out the sugar, and remove the grease with a solvent. When liquid or grease is spilled, prevent it from spreading by covering the spot generously with French chalk, Fuller's earth, corn meal, or talcum powder. When dry, brush off the powder, then apply a thick layer of paste made with any of the powders and a dry-cleaning solvent.

Liberty Chapel

Liberty Chapel, April 29.- Mrs. Sam Thornhill is reported improving satisfactorly after undergoing surgery at the Virginia Baptist Hospital on Monday.

Mr. and Mrs. John W. Gunter visited Mr. and Mrs. Herman Robertson, of Lovingston, Sunday.

Mr. and Mrs. J. W. Thornhill, of Abingdon visited relatives here over the week-end.

Mrs. J. R. Booker has returned to her home here after a visit with relatives in Newport News.

Health and Beauty

Your best aid to keeping a youthful and attractive figure is still will power at the dinner table (and between meals as well). Exercise is what it takes to keep the muscles toned. Good eating habits and good rest habits are the foundation of good looks, and without them it is impossible to look your best.

There are a number of new creams and lotions designed to help you keep your complexion in shape. These don't alyways live up to the claims made for them, but it is worth trying them until you find a cream, or a combination of creams, that agree with your skin and seem to do something for you.

Royal jelly seems to be taking a back seat to a new ingredient, Placenta, which is said to hold everything necessary for life. It is said to be a storehouse of vitals containing proteins, vitamins, animo acids, and great quantities of enzymes. The enzymes are supposed to spur the body cells on to better things.

Most of these creams are quite expensive, and one would be wise to wait and see how long this latest ingredient will last. It may be only a passing fad, and it would be a shame to spend a large amount of money on an item that is no better than any other good cream that could be bought for one-third of the cost.

There is a new liquid cleanser on the market containing enzymes. These natural catalysts we are told go to the bottom of the pores, break up minutely whatever dirt and old make-up lies there, and float it up and out. The cleaner is designed for any type of skin—dry, oily, normal, or over-sentitive.

The tranquilizer craze is being felt in the cosmetic department. It is recommended for trying days —which means almost every day to most of us. It can be used by men as well as women. Somehow, we find it hard to see the average man worrying enough about how he looks to use a skin tranquilizer.

WHOAH PODNUH!

London, Ky.- When the Indian threw the heroic cowboy to the ground, 11-year-old Leroy You reached for his BB gun and fired.

The whole show disappeared from the television set amid a tinkle of broken glass.

Leroy got a spankiln; his father a repair bill.

Two air arteries are urged to cut Atlantic congestion.

Play safe — drive carefully.

Rising exports brighten the hopes of Israel.

Play safe — drive carefully.

Fishing Contest
FREE!! .. WE WILL GIVE AWAY .. FREE!! TO PERSON CATCHING LARGEST FISH DURING MONTH OF MAY, AND EACH MONTH THEREAFTER THROUGH AUGUST
Great Lakes Casting Reel $6.95 Value
Fish must be brought to store, weighed and measured by one of our employees.
Western Auto Store
Home Owned By
CECIL J. ROWE
22 Main St. — Appomattox, Va. — Phone 5271

NOTICE
As you have doubtless noted, we are in the midst of a big REMODELING PROJECT here at INGE'S. Look forward to a *NEW STORE LOOK* in a few weeks. But in the meantime, business is going on as usual, and we know you will bear with any temporary inconvenience while shopping with up.
Inge's Dept. Store
Appomattox, Virginia

SHOP ANE SAVE AT Bob's Cash Store

WE DELIVER	*DIAL 3353*
PEANUT BUTTER, Big Top, 12 oz. Ref. Jar	33c
COFFEE, 6 oz. Instant Maxwell House	1.29
DUKES MAYONNAISE, qts.	69c
AMMONIA, ROX — qt.	.23
STARCH KLEERBLU, Liq., qt.	.15
PEAS, Todays 2 cans	.25
PEACHES, Todays 2 - 2½ cans	.58
BUTTER BEANS, Todays 2 - 303 cans	.33
COOKIES, All Flavors, Mamma's Brand 2 -	.55
MILK, CARNATION, 3 quarts Instant	.29
BANANAS, lb.	.10
CUKES, lb.	.29

Mothers! **WIN A FREE *Evenflo* "LAYETTE FEEDING SET!"**
Retail value $2.99

- America's most popular nursing bottles!
- Patented Twin Air Valve Nipples give precision feeding!
- Approved by doctors, nurses and hospitals!

No letters to write—nothing to buy! Just leave your name at our display of CARNATION EVAPORATED MILK!

Set includes: 8 bottles, complete with nipples, caps, discs, and bottle cleanser.

CARNATION evaporated milk "from Contented Cows"

3 Cans
44c

PRICES ARE LOWER AT BOB'S STORE